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WASHED AWAY

Jets drop third straight in monsoon to Falcons. 23

Netflix and chills for Halloween. 16

Ethical questions for self-driving cars. 12

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WHO'S FIRST?

Intrigue and deflection have consumed the D.C. political class as the first indictment related to the Trump-Russia investigation could be unsealed as early as Monday. 4

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So do our students.

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WELCOME TO METRO.US

KRISTIN TOUSSAINT, REPORTER

Our autonomous future is (almost) here, but before self-driving cars take over the streets, there are a few ethical quandaries that need to be figured out. In the event of an accident, an automated car has to be programed how to respond — should we set them to always save the driver, or put the driver in more risk if it means preventing injury to others? I spoke to a UMass Lowell professor who's working to answer these questions. Read about his work and more on autonomous tech at **metro.us.**

MOVE TO CANCEL WHITEFISH POWER CONTRACT

1 Puerto Rico's government power company said on Sunday it would move to cancel a $300 million repair contract with a tiny Montana company to restore power to the storm-hit U.S. territory after an uproar over the deal. The contract between Whitefish Energy Holdings and Puerto Rico's bankrupt power utility has come under fire after it was revealed that the terms were obtained without a competitive public bidding process. Earlier on Sunday, Puerto Rico's Governor, Ricardo Rosselló had called for the contract with Whitefish to be canceled and Puerto Rico Electric Power Authority's (PREPA) Director Ricardo Ramos said he had accepted the governor's recommendation. Ramos said that he had to consider the "reputation risk" as well as "delay risk" in taking such a step.

HUNDREDS OF THOUSANDS MARCH FOR UNIFIED SPAIN

2 Hundreds of thousands of supporters of a unified Spain filled Barcelona's streets on Sunday in one of the biggest shows of force yet by the so-called silent majority that has watched as regional political leaders push for Catalan independence. Political parties opposing a split by Catalonia from Spain had a small lead in an opinion poll published on Sunday, the first since Madrid called a regional election to try to resolve the country's worst political crisis in four decades. Polls and recent elections have shown that about half the electorate in the wealthy northeastern region, which is already autonomous, oppose secession from Spain, but a vocal independence movement has brought the current crisis to a head.

5 THINGS YOU NEED TO KNOW

CHEERING IN THE RAIN

3 Fans of the New York Jets celebrate in the rain during the first half of the game against the Atlanta Falcons at MetLife Stadium on Sunday in East Rutherford, New Jersey.

GETTY IMAGES

CVS, AETNA: A $66B BET ON CUTTING DRUG COSTS

4 The proposed merger between CVS Health Corp. and Aetna Inc represents a $66 billion bet that insurers can drive down high U.S. drug prices by cutting out the middleman. The move is the most expensive effort to date that would enable a national health insurer to take back full control of prescription medicines for their customers by negotiating prices with pharmaceutical manufacturers and setting customer out-of-pocket costs for each drug. CVS has offered to buy Aetna for more than $200 per share, sources said on Thursday. It could take at least several weeks for any deal to materialize. It would likely pressure rival insurers, drugmakers, pharmaceutical benefits managers, and retail pharmacies to also consider mergers or switching partners to try to keep up with the potential healthcare cost savings or increase in profit margins.

GOP SENATOR WANTS DEMOCRATS TO TESTIFY

5 Sen. Susan Collins, a Republican member of the Intelligence Committee, said Democrats should be called again to testify about reports that their party and Hillary Clinton's presidential campaign paid for parts of a dossier that detailed accusations about President Donald Trump's ties to Russia. The Washington Post reported that Marc Elias, a lawyer for Clinton, used campaign funds to hire Fusion GPS, the firm behind the dossier. Committees in both chambers of Congress have been investigating the origin and contents of the document. John Podesta, who was Clinton's campaign chairman, and U.S. Representative Debbie Wasserman Schultz, who was the head of the Democratic National Committee at the time, as well as Elias "absolutely need to be recalled" to testify," Collins said on CBS' "Face the Nation."

POLL

Amid a growing partisan gap between Democrats and Republicans, a new poll shows that 71 percent of Americans believe the country's politics have reached a dangerous low point in the Trump era.

71%

Source: a Washington Post-University of Maryland poll

Robert Mueller's Russia investigation will reportedly lead to indictments. GETTY IMAGES

TRUMP'S AMERICA

INDICTMENTS? WHAT INDICTMENTS? LOOK OVER ... THERE!

Keep your eyes OFF the ball!

Focus instead on Hillary's damn emails.

Distract yourself with moldy conspiracies about Obama's uranium sales.

Heck, go retweet the president's latest on #witchhunts, #fakenews and oppo-research #dossiers.

Just don't — I repeat don't — pay any attention to the initial indictments in Robert Mueller's probe of Russian interference in the 2016 election, especially any collusive role that Donald Trump or those around him might have played.

Move on quickly! Nothing to see here!

Suddenly, it's showtime in Washington, and Mueller's grand jury is doing what grand juries do: indicting people. Pressuring them to flip on those above them. Moving from the outer rings to the inner rings of high malfeasance, one felony criminal charge at a time.

And all we are getting in response from the White House is yet another handful of shiny confetti tossed wildly into the air.

It's the classic Trump playbook for dicey times like these. Distract. Deny. Weaponize the unhinged House Intelligence chairman, Devin Nunes. Do anything but face the ugly truth: Things could get uncomfortable very fast.

And so, as the first indictments appear on the murky horizon, Donald Trump and his shrinking band of die-hards are trying to turn our attention toward anywhere else.

If you read Breitbart News over the weekend, you might have thought Hillary Clinton was president. If you watched Fox News, you'd still have Judge Jeanine Pirro ringing in your ears: "It's time, folks. It's time to shut it down, turn the tables and lock her up."

Noted, your honor.

And if you follow @realDonaldTrump on Twitter, your head is still spinning around.

The increasingly frantic president broke two days of eerie silence with an all-but-the-Trump-Tower-sink rundown of look here, not there.

ANALYSIS

ELLIS HENICAN
@henican

"Never seen so much Republican ANGER & UNITY as I have concerning the lack of investigation on Clinton made Fake Dossier (now $12,000,000) … the Uranium to Russia deal, the 33,000 plus deleted emails, the Comey fix and so much more. Instead they look at phony Trump/Russia … collusion, which doesn't exist."

There is a direct connection between the velocity of this drivel and the threat it is meant to distract from.

Call it Code Red. Urgency High.

Oh, this is going to be a fun week in Trump's America!

Metro columnist Ellis Henican is the best-selling author of a dozen books, including "TRUMPITUDE: The Secret Confessions of Donald's Brain," coming next month from Post Hill Press. He is on Twitter @henican.

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BS BLAKE SHELTON

Special counsel's Russia probe entering new phase with first charges

The Russia investigation has cast a shadow over Trump's 9-month-old presidency and widened the partisan rift between Republicans and Democrats.

The investigation into possible Russian meddling in the 2016 U.S. presidential election will enter a new phase as early as today, when the first charges resulting from the probe could be unsealed and a target taken into custody.

A federal grand jury approved the indictment on Friday and a federal judge ordered it sealed, a source briefed on the matter has told Reuters.

The indictment could mark a dramatic turn in special counsel Robert Mueller's investigation into allegations of Russian interference in the 2016 race and any possible links with officials from President Donald Trump's campaign.

U.S. intelligence agencies concluded in January that Russia interfered in the election to try to help Trump defeat Democrat Hillary Clinton by hacking and releasing embarrassing emails and disseminating propaganda via social media to discredit her.

Mueller, a former director of the Federal Bureau of Investigation, has been looking into possible links between Trump aides and foreign governments, as well as potential money laundering, tax evasion and other financial crimes, according to sources familiar with the probe. He also is exploring whether Trump or his aides have tried to obstruct the investigation.

Mueller was appointed to lead the investigation a week after Trump's May 9 firing of FBI Director James Comey, who was heading a federal probe into possible collusion with Russia. Trump initially said he fired Comey because his leadership of the FBI was inadequate. In a later interview with NBC, he cited "this Russia thing" as his reason.

Trump has denied the allegations of collusion with the Russians and called the probe "a witch hunt." The Kremlin also has denied the allegations.

On Sunday, Trump tried to shift the focus back to Democrats and Clinton, tweeting that the Russia issue was being used to sidetrack the Republican push for tax reform and praising Republican "anger and unity" on the need to look into whether Democrats and the Clinton campaign paid for a portion of a dossier that detailed accusations about Trump's ties to Russia.

Special White House counsel Ty Cobb said the president's tweets "are unrelated to the activities of the Special Counsel, with whom he continues to cooperate."

Investigators led by Mueller have interviewed former White House chief of staff Reince Priebus, former spokesman Sean Spicer and other current and former White House and campaign officials. REUTERS

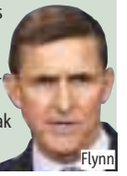
Former FBI Director Robert Mueller GETTY IMAGES

LIKELY TO FACE CHARGES FIRST

- **Paul Manafort**
  In July, FBI agents raided the Virginia home of Trump's former campaign manager Paul Manafort, whose financial and real estate dealings and prior work for a pro-Russian political party in Ukraine are being investigated by Mueller's team.

Manafort

- **Michael Flynn**
  Mueller also has investigated Michael Flynn, an adviser to Trump's campaign and later his national security adviser. Flynn was fired from that post in February after misleading Vice President Mike Pence about the extent of his conversations with Russian Ambassador Sergei Kislyak last year.



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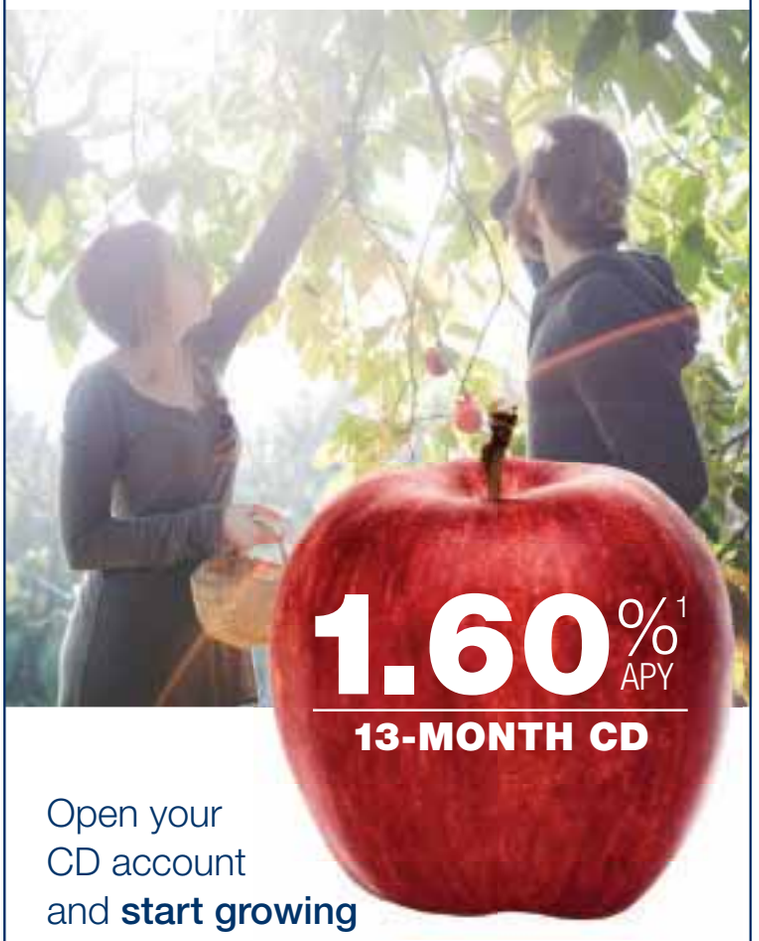

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DOE pilots diversity plan for schools in Lower Manhattan

Under the pilot, 67 percent of students who qualify for free or reduced lunches, live in temporary housing or are learning English will have pre-K and kindergarten priority.

NIKKI M. MASCALI
@NikkiMMascali
nikki.mascali@metro.us

During the 2016-2017 school year, four of the 178 students at the Roberto Clemente School (PS15) on East Fourth Street were white, The New York Times reported. **GOOGLE MAPS**

After years of calling for increased diversity in elementary schools in Lower Manhattan, parents and integration supporters in District 1 will now have a plan that aims to do just that.

Schools Chancellor Carmen Fariña announced late last week that the district that encompasses Manhattan's Lower East Side and East Village neighborhoods will have a school choice system that intends to raise the racial and socioeconomic diversity of the district.

Despite parents having the ability to choose between District 1's elementary schools, the institutions are often segregated racially and socioeconomically.

The New York Times reported that for the 2016-2017 school year, students at the district's East Village Community School on East 12th Street was 58 percent white, while four of the 178 students at Roberto Clemente School (PS15) on East Fourth Street were white.

Under the new pilot, 67 percent of students who qualify for free or reduced lunches, live in temporary housing or are English Language Learners will have priority for pre-kindergarten and kindergarten at every D1 school. Students without that criteria will have priority for the remaining 33 percent.

Additionally, families within D1 are urged to list at least five school choices for pre-K and kindergarten applications. Those who do so will "maintain a district priority such that they are more likely to get an offer from one of their top five choices," according to the DOE announcement.

"We know that all students benefit from diverse and inclusive classrooms, and District 1 is taking an important step forward with their district-wide diversity plan," Fariña said. "I'll be closely monitoring the impact of this diversity plan as we engage in efforts across the city."

The pilot was first announced last month, and the DOE sought parent input, which requested a change to enrollment numbers for students with disabilities to be more in-tune with the district's average.

Missing New York woman found safe 42 years later in Massachusetts

A New York state woman who went missing more than four decades ago has been found alive and well in Massachusetts.

On Aug. 3, 1975, Flora (Florence) Stevens, then 36 years old, went to a doctor's appointment in Monticello, New York. Her husband dropped her off at a hospital in the Catskills for the appointment, according to the Sullivan County Sheriff's Office, but when he came back later to pick her up, she was gone.

Stevens was missing for 42 years. Investigators thought they had a lead when unidentified remains were found by state police this past September. State authorities contacted the Sullivan County Sheriff's Office because they thought the remains matched the description of Stevens.

Flora Stevens has been found. **PROVIDED BY SULLIVAN COUNTY SHERIFF'S OFFICE**

Officials tried to find any relatives who could identify her, and instead found out that someone was using Stevens' social security number in Massachusetts.

An assisted-living residence there confirmed that the social security number belonged to a Flora Harris, who has lived there since 2001.

Sullivan County Sheriff's Detective Rich Morgan and Detective Ed Clouse went to Lowell on Oct. 24 to meet Harris, and learned she and Flora Stevens were the same person. The woman is now 78 years old and has dementia, according to reports, so she could not share her own story of what happened on that day 42 years ago.

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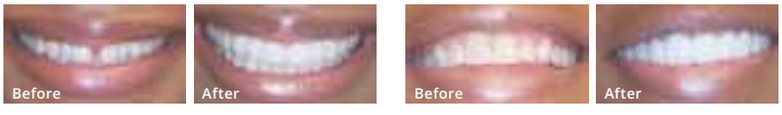

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TAX OVERHAUL

Trump tax overhaul under intensifying fire as Congress readies bill

President Donald Trump's plan for overhauling the U.S. tax system faced growing opposition from interest groups on Sunday, as Republicans prepare to unveil sweeping legislation that could eliminate some of the most popular tax breaks to help pay for lower taxes.

Republicans who control the U.S. House of Representatives will not reveal their bill until Wednesday. But the National Association of Home Builders, a powerful housing industry trade group, is already vowing to defeat it over a change for home mortgage deductions, while Republican leaders try to head off opposition.

Trump and Republicans have vowed to enact tax reform this year for the first time since 1986. But the plan to deliver up to $6 trillion in tax cuts for businesses and individuals faces challenges even from rank-and-file House Republicans.

House and Senate Republicans are on a fast-track to pass separate tax bills before the Nov. 23 Thanksgiving holiday, iron out differences in December, send a final version to Trump's desk before January and ultimately hand the president his first major legislative victory. Analysts say there is a good chance the tax overhaul will be delayed until next year.

Republicans warned that the Trump tax plan is entering a new and difficult phase as lobbyists ramp up pressure on lawmakers to spare their pet tax breaks.

"When groups start rallying against things and they succeed, everything starts unraveling," Sen. Bob Corker, a leading Republican fiscal hawk, told CBS' "Face the Nation."

One of the biggest challenges involves a proposal to eliminate the federal deduction for state and local taxes (SALT), which analysts say would hit upper middle-class families in high income tax states such as New York, New Jersey and California. REUTERS

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THE TRUTH IS OUT THERE

TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

I've never been inclined to believe conspiracy theories. I don't think aliens landed in New Mexico. I have no faith Elvis and Tupac are hanging out in Belize. And I've never been convinced there was a secret plot to kill President Kennedy. I believe Lee Harvey Oswald did it. By himself. Because that is what the facts tell me.

Now, a few years ago a Gallup poll showed 61 percent of Americans thought someone helped Oswald, so I am open to that possibility. Show me even a little reasonably solid evidence to suggest foreign agents, mafiosos or rogue politicos were involved, and I'll take it to heart. But I've never seen that. Instead, I've read endless pages of people stirring together coincidence, conundrums and half-baked theories, then acting as if that witches' brew is the same as evidence.

Oliver Stone did it so effectively in his 1991 conspiracy film "JFK" that Congress was moved to pass the JFK Records Act. That law is why the National Archives is being forced to release the last of the JFK files this week. Or rather, they were supposed to. Instead, at the last moment the White House suddenly said hold on — we need to review some of these documents more thoroughly to make sure national security is not compromised. This was done, according to senior administration figures, largely at the behest of the CIA and the FBI.

Let me make this clear: For 26 years, this legal deadline for final, full disclosure was looming. Everyone knew it. And truly with less than six hours to go on the final day for compliance, suddenly we were told officials needed more time to consider some of them.

Like I said, I generally don't believe in conspiracy theories, but I do understand why behavior like this makes others believe. Because it looks so much like someone is hiding something. Maybe what we are witnessing in this whole saga is just monumental incompetence or excessive caution or something else entirely. My money is on something like that. But I suspect the handling of these papers — all these years later — is pushing folks toward the conspiracy camp, not away from it.

President John F. Kennedy (C) is welcomed at Paris' Orly Airport by French President General Charles de Gaulle (L) on May 31, 1961. GETTY IMAGES

Six things you need to know from the JFK files

What's inside thousands of recently released secret papers.

MICHAEL MARTIN
@MetroNewYork
letters@metro.us

After teasing the release of secret documents about the JFK assassination — to observe a deadline set by law 25 years ago — President Trump announced that the documents would be released in an effort for greater transparency. "I am doing this for reasons of full disclosure, transparency and in order to put any and all conspiracy theories to rest," the president tweeted on Saturday night.

More than 2,800 documents from the JFK file were posted online by the National Archives, including transcripts of phone conversations, grainy surveillance photos and investigators' handwritten notes. As for what's in the publicly released documents, that story is unfolding. Even The New York Times has called upon the public to help them parse the documents and summarize their contents. Some highlights so far:

They're "a mess."
That assessment comes from Larry J. Sabato, the founder and director of the Center for Politics at the University of Virginia, who is reviewing the papers. "Handwritten notes from the C.I.A. and others are often illegible," he says. "It will take an enormous amount of work and lots of time to put this together. Think of this as an unassembled million-piece puzzle."

Russia suspected Lyndon B. Johnson was behind JFK's assassination.
A memo from FBI director J. Edgar Hoover said that Communist Party leaders in Russia believed there had been an "ultra-right coup" to install LBJ, and that Kennedy's assassination "had been planned by an organized group rather than being the act of one individual assassin." (Russian leaders believed Oswald was a "neurotic maniac who was disloyal to his country and everything else.") According to 1965 intelligence, the KGB had information "purporting to indicate President Johnson was responsible" for Kennedy's assassination. The Soviets claimed Oswald was a "nutjob" who visited Russia but was denied a longer stay because he was "mentally unstable."

An FBI informant said a Dallas police officer was the real assassin.
The tipster said that Officer J.D. Tippit was the gunman who killed Kennedy, not Lee Harvey Oswald. About 45 minutes after the assassination, Oswald shot Tippit dead after the officer stopped him while he was walking to a movie theater.

Oswald met with a KGB assassination specialist.
According to a memo from Nov. 23, 1963, Oswald met with Russian spies at the Soviet Embassy on Sept. 28, less than two months before the assassination. He spoke with KGB agent Valeriy Kostikov, whom the FBI said worked for the agency's 13th Department, which was "responsible for sabotage and assassination."

A British newspaper was tipped off minutes before the assassination.
According to deputy CIA director James Angelton, the Cambridge News received a tip 25 minutes before Kennedy was killed that a reporter "should call the American Embassy in London for some big news, and then hung up." Britain's MI5 intelligence service said the reporter was "sound and loyal."

The FBI director almost immediately worried about conspiracy theories.
Shortly after Oswald was gunned down, Hoover said in a memo dated Nov. 24, 1963, "The thing I am concerned about, and so is Mr. Katzenbach, is having something issued so that we can convince the public that Oswald is the real assassin." Hoover noted that FBI agents' early discoveries — a call Oswald made to the Cuban Embassy in Mexico City and a letter he sent to the Soviet Embassy in D.C. — could "complicate our foreign relations."

President John F. Kennedy on the day of his assassination. GETTY IMAGES

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Baby Boomers Benefitting From Knee Arthritis Tr

How Cutting-Edge Treatments and Technology Are Helping Knee Arthritis Sufferers A

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

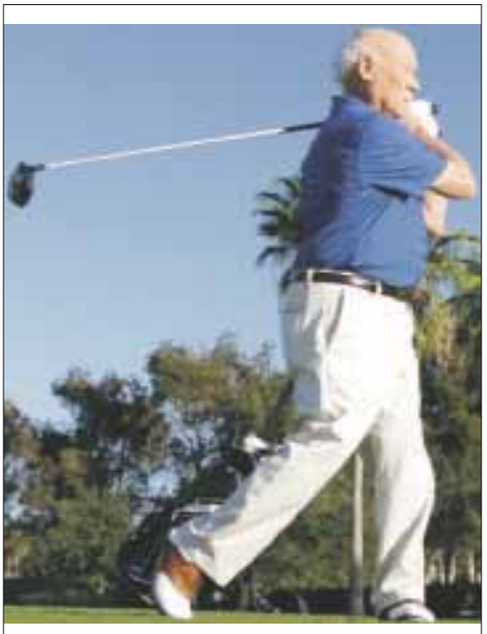
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." William La Spina . Golf Enthusiast

(While ***NYC Pain MD*** cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary. patient to patient.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at ***NYC Pain MD***.

Patients Should Be Assured About Prescsion Treatments

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imagining and then not use it during the treatment procedure.!!! **This means the doctor did not actually see if the lubricating gel went exactly where it was intended.** The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging **during the entire procedure.** *You can actually see the lubricating gel as it goes where it in needed.* **If you did not actually see it on the digital imaging screen - you do not know for sure if you actually got the proper treatment.**

If you are going to have this treatment, make sure you ask your doctor if special digital imagining is used THROUGHOUT THE ENTIRE PROCEDURE. Not just in the beginning. If you have already had this procedure without this advanced imaging... Or if it was only used in the beginning... There is a good chance you did not get the results you could and should have.

"Clearly, technology is only as good as the doctors using it ... and clearly experience matters"

That's why, if you need heart surgery, you go to a heart surgeon... Not a general practitioner. At ***NYC Pain MD*** you will be seen by doctors who are specially trained in this procedure... Do it every day... and see thousands of patients every year. The latest technology combined with experienced and skilled doctors gets the best results possible.

Who Is This Treatment For?

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possible lessen or eliminate your pain. This treatment

reatments Their Parents Could Only Dream About

void Knee Replacement Surgery and Stay Active Into Their 50's, 60's, 70s and even 80s

may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic visible signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at ***NYC Pain MD*** could be the answer you are looking for. **<u>This is important</u> - this is especially for you if you have had viscosupplmentation in the past without good results.**

Many patients who did not have good results elsewhere are often able get very favorable results because of the advanced technology and procdure experience at ***NYC Pain MD***. In fact, ome patients have decided to cancel knee surgery and others go back to the active life-style they had before it was stolen by all the pain.

How To Find Out If The Experts At *NYC Pain MD* Can Help You

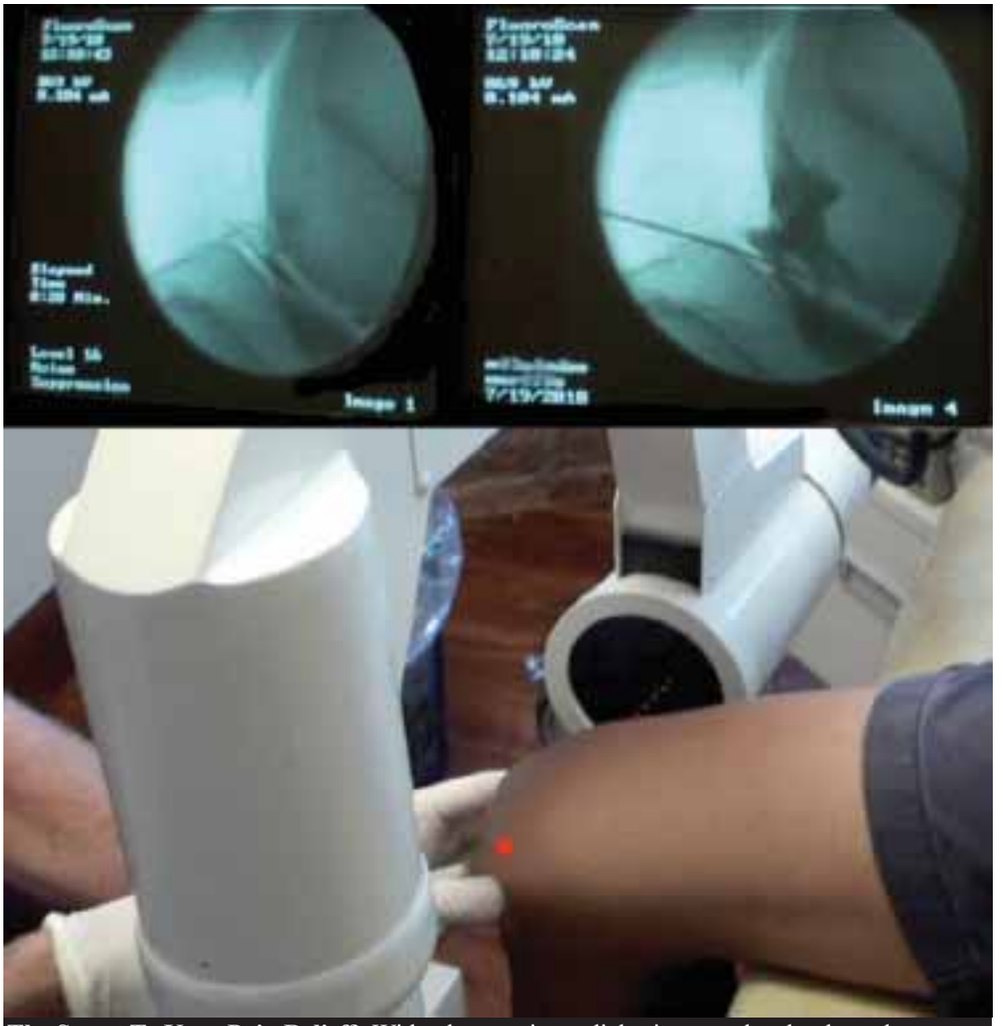
If you have knee arthritis pain and would like to see if this treatment might help you - the experts at ***NYC Pain MD*** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case.

To set up a complimentary screening , just call 800-741-5340. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patents the individual time they deserve. If you have ever been to a doctors office and been rushed or treated like a number - ***NYC Pain MD*** is different. We would consider this like a "throwback" to the old days of medicine. Before the days when HMO's and insurance companies (and now Obamacare) turned medicine into a business only and made it so difficult to care for patients the best way possible. If you are looking for a state-of-the-art medical clinic with "old school" ethics and values and treats patients like the good 'ole days... then ***NYC Pain MD*** may be just what you've been looking for. Just call 800-741-5340 and secure your no obligation screening before someone else gets your spot. The risk is nothing. The potential is getting your pain-free life back.



The Secret To Knee Pain Relief? With advances in medial science and technology the doctors at ***NYC Pain MD*** have been able to help thousands relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. ***NYC Pain MD*** receives hundreds of patients calls weekly… patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is or you . Zero risk or obligation. Just call **800-741-5340.** Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

The secret to success: T*echnology with Caring Doctors:* *NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.*

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How a philosophy professor is tackling the ethical questions of self-driving cars

Ethical decisions must be programmed into autonomous cars, like whether to always save the driver or to prevent injury to others.

KRISTIN TOUSSAINT
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If you're driving on the highway and a car suddenly stops in front of you, you usually brake or swerve to avoid hitting it. But do you decide in advance which way you turn the wheel?

Probably not, since you're relying on instinct. When it comes to self-driving cars, however, this gets more complicated.

"When we think about autonomous vehicles, we actually have to program them to respond. Robots don't have instincts," said Nicholas Evans, a professor of philosophy at the University of Massachusetts Lowell. "That raises the question of if you had to decide which way you were going to swerve beforehand, which way would you swerve?"

The classic case for such an ethical dilemma, Evans said, usually involves choosing between swerving to hit a school bus full of children or swerving to hit one person on a motorcycle. The choice depends on the risk to other people and the risk to yourself.

This is just one ethical question Evans hopes to answer to help the future of this technology. He recently won a three-year, more than $556,000 grant from the National Science Foundation find these ethical answers and work with engineers to program them into autonomous cars via decision-making algorithms.

With more and more cities testing self-driving cars, autonomous travel seems right around the corner – but these ethical answers have to be programmed in before they hit the market, he said.

"The question is, should we program cars to try to decrease global risk, or just to save you and to hell with everyone else — including tailgaters, who some might say deserve everything coming to them," Evans said.

To answer this, he and his team will perform some models that figure out how many lives are in danger overall, depending on what risks are programmed into the autonomous cars.

"We look at the health impacts of one decision or another," he said, "and model them as a rate: How many extra deaths can we expect if we program the car to not care about the tailgater?"

Though the tech seems far along, Evans assures that there's still time to answer these questions. Though it seems intimidating or dark to calculate how many deaths we can expect with these cars on the road, it's worth it.

"Ninety percent of road accidents are caused by human error, from things like speeding and drunk driving. If we can give everyone a driver that can't get drunk or tired, we stand to gain a lot over the long term," he said. "Yeah they'll be problems, but people like myself do this work because problems are trackable and can be solved. They're worth solving as we continue along."

New York City recently announced that self-driving cars will be tested on Manhattan early next year, but this isn't the first time autonomous vehicles are taking over city streets.

Bloomberg Philanthropies recently released its "Global Atlas of Autonomous Vehicles in Cities," which the organization is calling the first-ever map showing how city governments are transitioning to driverless cars.

University of Massachusetts Lowell professor Nicholas Evans is working to answer the ethical questions that come with developing autonomous vehicles.
KATHARINE WEBSTER FOR UMASS LOWELL

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AMTRAK DELAYS FOR EAST RIVER TUNNEL REPAIRS MAKE NO SENSE

LARRY PENNER
Analysis
Larry Penner is a transportation historian and advocate who previously worked 31 years for the U.S. Department of Transportation.

Proposals by Amtrak to delay the decades-overdue major repairs to the four East River tunnels until after the LIRR begins service into Grand Central Terminal in December 2023 is bad news for both riders and taxpayers. Delaying the start of work by six years from 2019 to 2025 will increase costs by 300 percent to $1 billion.

Continued deterioration of the East River Tunnels over this time period could result in an increased scope of work. Combined with responses to the procurement process from contractors, this could then result in a final price tag of several hundred million more than the current engineers estimate. Remember only one of four East River Tunnels can be worked on at a time. It will take one to two years to finish work on each tunnel. As a result, this project may not be completed until 2032.

Based upon the most recent project recovery schedule, the LIRR may begin service into Grand Central Terminal by December 2023. A majority of the promised 24 trains a.m. and p.m. rush-hour peak service will be either new trains or those which previously terminated at Atlantic Terminal Brooklyn. With only two tunnels serving Grand Central Terminal, there is little capacity to add additional diverted trains from Penn Station.

It is doubtful that the LIRR will give up any current 42 peak-service train slots at Penn Station even when expanding operations into Grand Central Terminal. There will continue to be a three-way competition between Amtrak, LIRR and NJ Transit for Penn Station access, Metro North will also look for rush-hour access to Penn Station resulting in a four-way competition. Don't be surprised if there are no changes to the level of Penn Station rush-hour service in the foreseeable future.

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Netflix and *chills*

Because the best way to celebrate Halloween is to scare yourself stupid on your own dang couch.

RACHAEL VAUGHAN CLEMMONS

Halloween is near! And what better way to celebrate the holiday than staying at home, away from the revelers, and binge watching some holiday-themed TV? Yeah, we couldn't think of anything either. Here are some of the best Halloween-themed television episodes to watch — from "Don't Trust the B—" to "Community."

ALL PHOTOS PROVIDED

"30 Rock" *(Hulu)*

"Stone Mountain," *Season 4 Episode 3*

The most Halloween-y "30 Rock" ever manages to get, this episode takes us to Stone Mountain, gives us some classic Liz Lemon gastric distress and there's also a plot involving Jenna and the writers about Gay Halloween.

"Bob's Burgers" *(Hulu)*

"Tina and the Real Ghost," *Season 5 Episode 2*

Tina falls in love with a 13-year-old ghost who lives below the restaurant. What more could you ask for?

"Community" *(Hulu)*

"Epidemiology," *Season 2 Episode 6*

"Community" is the holy grail as far as Halloween-themed episodes — with the Dan Harmon series, it's an art form. This is the one with the zombie epidemic caused by some, er, "taco meat" from the Army surplus store, a constant loop of Abba's greatest hits and our fave, Alison Brie. It's also the series at its best. Come for the the dean dressed as Lady Gaga, stay for Ben Chang dressed as Peggy Fleming.

"Don't Trust the B— in Apartment 23" *(Hulu)*

"Love and Monsters," *Season 2 Episode 2*

Halloween is June's favorite holiday. Chloe, meanwhile, is putting paper-mache versions of her decapitated head everywhere. Yep: This episode is "Don't Trust the B—" at its hijinks-iest, tackling romantic comedy tropes while June is literally dressed as a lady hobbit. It's perfect television, honestly.

"New Girl" *(Netflix)*

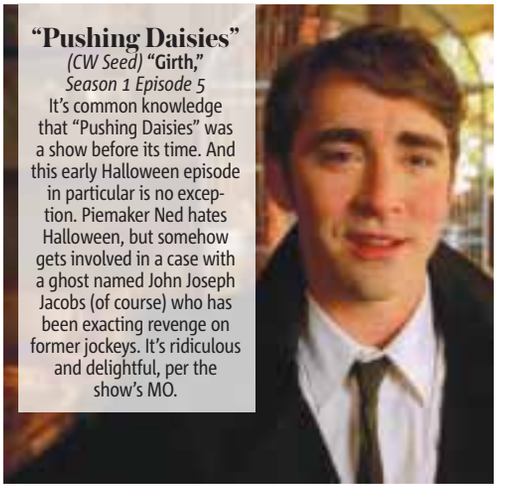
"Halloween," *Season 2 Episode 6*

This episode brings together all the best parts of "New Girl" — sexual tension between Nick and Jess, unrequited love and, of course, heaps and heaps of tomfoolery. Also, you might be blown away by Jess dressed as Zombie Woody Allen, but this writer considers Nick dressed as "Bee Arthur" beyond amazing.

"Parks and Recreation" *(Netflix)*

"Halloween Surprise," *Season 5 Episode 5*

This episode has everything: Halloween costumes, sure. But Jerry has a fart-attack-slash-heart-attack, Donna live tweets through a series of ridiculous horror movies about a canoe and — most important — Leslie and Ben get engaged in a superemotional, superbeautiful moment. Who knew Halloween could be so touching?



"Pushing Daisies" *(CW Seed)*

"Girth," *Season 1 Episode 5*

It's common knowledge that "Pushing Daisies" was a show before its time. And this early Halloween episode in particular is no exception. Piemaker Ned hates Halloween, but somehow gets involved in a case with a ghost named John Joseph Jacobs (of course) who has been exacting revenge on former jockeys. It's ridiculous and delightful, per the show's MO.

"The Office" *(Netflix)*

"Halloween," *Season 2 Episode 5*

Michael has to fire somebody by the end of the day — but it's Halloween! It's pretty formulaic, as far as "The Office" goes, and that's not a bad thing.

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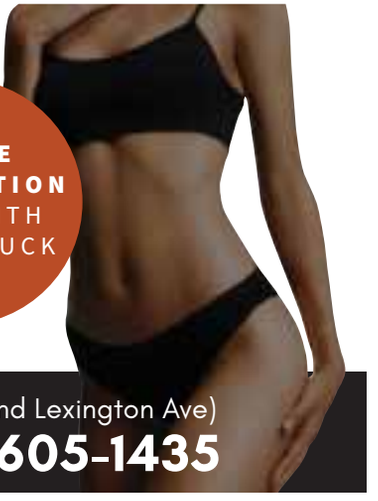

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‘God’s Own Country’ director says ‘f—k off’ to financiers

Francis Lee talks to Metro about the meteoric rise of his critically acclaimed debut film.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

Josh O’Conner and Alec Secareanu star in the windswept romantic drama. PICTUREHOUSE ENTERTAINMENT

Francis Lee didn’t make “God’s Own Country” because he thought it would be a surefire hit or stoke enough controversy to get him recognized as a director.

The first-time filmmaker wrote and directed the drama, which revolves around the budding romance between British sheep farmer Johnny (Josh O’Connor) and Romanian migrant worker Gheorghe (Alex Secareanu) because he was desperate to tell the story. But that takes cash.

GETTY

“[The backers] would say, ‘If we want the film to break out, then at this point Johnny will have to smile,’” Lee says. “And I’d just go, ‘F—k off. That’s not filmmaking. Let me get on with it.’ Occasionally there’d be notes and I’d just go, ‘No. Because I’m not making a film to suit everybody.’ You can’t do that. It doesn’t work. And why would anybody want to do that?”

Throughout this process Lee stuck to his guns. “I kept coming at it from a truthful, authentic experience, and I won’t shy away from that. People eventually bought into it.”

Bringing “God’s Own Country” to the big screen has been a 20-year journey for Lee. After a less-than-successful stint as an actor, he found himself working at scrap yard to earn money, meeting the people that would go on to inspire “God’s Own Country.” Eventually he found himself financing and shooting his own short film, set on his dad’s farm. Lee’s experience as an actor meant he was never “thinking too far ahead,” though, and instead he just focused on mining the story “for the truth, the authenticity of the place, and the emotion of the characters.”

Lee’s original urge to make “God’s Own Country” came from the his love/hate relationship with home. “It’s problematic and difficult and brutal and cold and wet and inaccessible and … well, wet,” he says.

And thankfully audiences are eating it up. After its premiere at Sundance, it screened at the Berlin International Film Festival, and has been the “biggest selling film of the year” where it was set.

You can join “God’s Own Country’s” growing legion of fans—the film is showing in limited release across the country.

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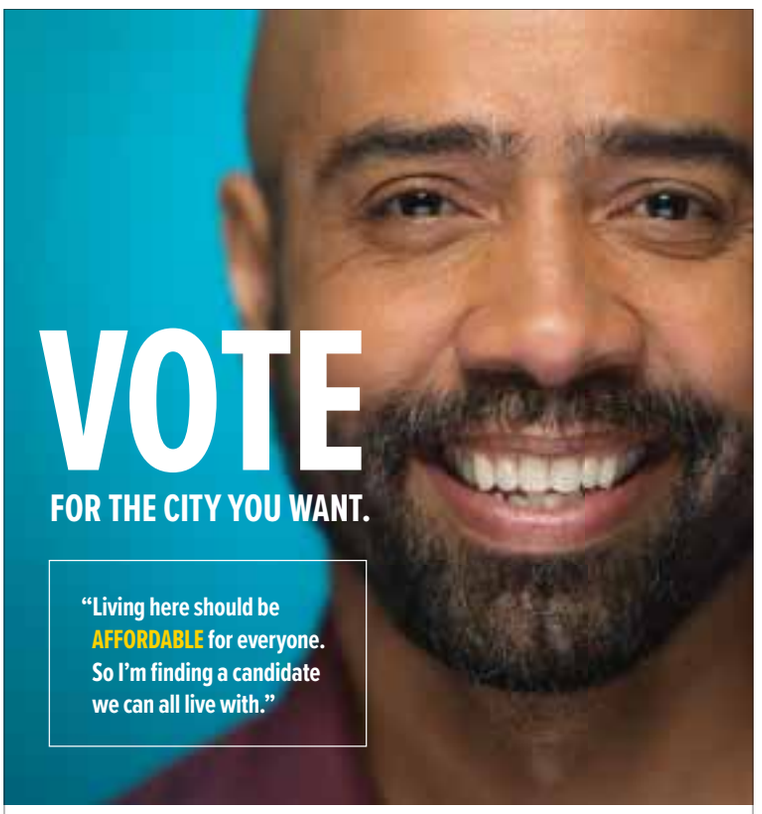

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Back to the *future*

We attended a past-life regression at Tarot Society, hopinge each of our former selves could tell us how to fix this one. KATE MOONEY

On a rainy Tuesday evening, I arrived at Tarot Society Gallery and Reading Room in Bushwick to meet my former self. That was the goal, anyway. I had booked a Past Life Regression Workshop, because 'tis the season for all things spooky and witchy and maybe she — pre-Kate — knew something I didn't?

Half a dozen of us sat on the rug-lined floor of the studio, which was filled with tarot decks, votive candles, sage and more witchy accoutrements, listening as our psychic guide Trish Burger explained what the session would entail. Using the Dolores Cannon method of quantum healing hypnotherapy, Burger would lull us into a trance — light hypnosis, she called it, akin to a meditative state — and use visualization techniques to help us access our past self.

I'll cut to the chase: It did not "work" on me, per se. Meaning, for the half-hour or so that I closed my eyes and focused as Burger coached us through time, I was unable to picture my past self. Following her directives like — I'm paraphrasing, as I was in a foggy state — "Picture yourself at a very important event," "You are now entering a house," "You have arrived at the last day of this life," I could only see versions of myself.

Whether that means I'm unimaginative, self-involved, too tired on a Tuesday night to focus, or, as Burger told me later over the phone, potentially only on my "first Earth incarnation," I may never know — unless I try again.

"There is a part of your brain, your higher self, that has all of the information about the essence of you from the beginning of creation to the end of time," she told me. "In that relaxed, meditative state, you're able to tap into it." She added that folks who meditate regularly often have an easier time.

A few of my fellow participants were able to connect with their former selves, or so they said when Burger asked if anyone wanted to share their experience. One woman pictured her past self with red hair. Another watched her brother beheaded on a guillotine. Yet another recalled that she was royalty in Elizabethan times. Oddly enough, more than one participant described scenes set in Victorian-era estates and countrysides, lead-

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What can you learn from your past self? GETTY IMAGES

ing me to wonder, have we all seen too many period dramas?!

What's the purpose of a past-life regression? Over the phone, the 46-year-old hypnotherapist explained that learning who you were prior to this lifetime can shed light on the struggles you're experiencing in this one, helping you uncover the root of the problem.

Burger, who also practices reiki and does spirit coaching, recommends the experience to anyone who finds themselves "engaging in repetitive behavior that they can't seem to break." If you're someone who gets obsessive and clingy in relationship after relationship, it could be that a past-life f—kboi (my words) broke your heart, and you've carried over that fear of abandonment into this one.

Burger says you can accomplish more in an in-depth, one-on-one session, offered in her Battery Park practice. During these hypnosis sessions, she guides clients through their past-life regressions and then "calls up" their higher selves to comment on their past and present selves. (She knows when she's tapped into the higher self because the client will actually talk about themselves in third person, sometimes changing their tone of voice and exhibiting a slightly altered personality. Post-hypnosis, they rarely remember it.)

One client, who came to her with the goal of feeling calmer and more grounded in NYC, found the key in his past life: He was an old man unable to evacuate a war-torn country, so he passed his days sitting on a rocking chair on the porch. This taught him that he's always had the strength to stay calm and centered under seige — even if it's the particular attack of New York city.

That's certainly a lesson we could all use.

Trish Burger, a NYC-based quantum healing hypnotherapist, leads clients in individual and group past-life regressions. FACEBOOK

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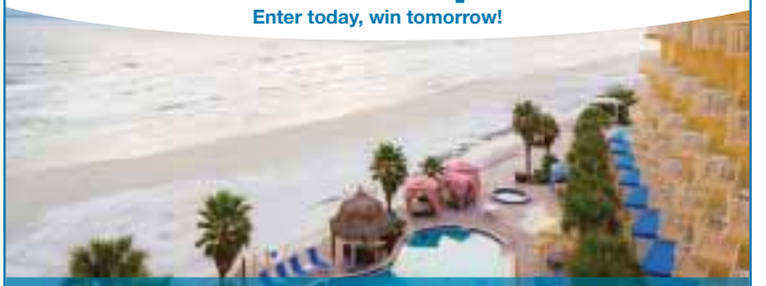

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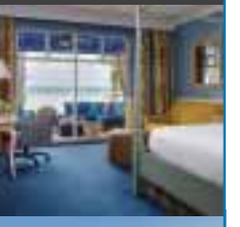

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Sip these horror-ific cocktails

Bartender Eirikur Hallsson is such a fan of horror films, he's created a special menu for spooky season.

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Bloodsucking Brady Bunch is a viscous cocktail, as if you were drinking blood.
ALL PHOTOS PROVIDED

Naturom Demento has a bit of "gore" from a slice of fig in honor of "The Evil Dead."

Eirikur Hallsson

For horror movie fan and bartender Eirikur Hallsson, every day is a good day for a scare.

Don't worry though — there are only treats on the new Halloween-inspired cocktail menu of 10 drinks served at the bar inside, appropriately, Hell's Kitchen restaurant Gloria (401 W. 53rd St.)

"Horror movies have an amazing way of getting people together and excited," he explains. "They are incredibly evocative and force us out of our comfort zones to a point of vulnerability that fosters an amazing bonding connection between people.

"Alcohol also has that ability, so why not combine the two?"

The hair-raising cocktails, which will stick around through the end of the year, invite imbibers on adventures like following Friday the 13th's Jason to his grave with Drowned in Crystal Lake (pineapple rum, Punt E Mes, fire bitters, grapefruit). Lost Boys fans can suck down a Bloodsucking Brady Brunch (tequila, Amaro di Angostura, concord grape, lemon, bitters). Or relive the thrill of "Texas Chainsaw Massacre" with Leather Dace (Rittenhouse rye, Lillet Rouge, rum, sherry).

"I specifically highlighted the '80s because a lot of people view the era as the cream of the crop for horror movies. New technology was coming out, new ways to make prosthetics; they had great visuals with an underlying sense of dread."

Hallson, who's originally from Iceland, got into horror films at age 4 at his grandmother's house. She and his mother would talk in the kitchen, "and I would be in the TV room, and she only had two cassettes: Predator and 48 Hours, which are both extremely violent, crazy movies," he recalls. "So I would just sit there, 4 years old, watching Predator on repeat all the time."

He'd watch bootlegs of American films that friends on trips to the U.S. recorded from television and brought back to Iceland. "That's how I got into Fright Night, Gremlins, all things like that. Once we moved to the States and I found out about Halloween, it was game over."

His mom was OK with it all because, in the late '80s and early '90s, anything American had a cachet to it, Hallsson explains. "America at the time had that very prosperous look and feel to it. There was a sense that there was something to gain from these movies."

To create the cocktails, Hallsson picked out elements that tied back to the films. For Naturom Demento, the Latin name for Book of the Dead from The Evil Dead, has a slice of fig because "the inside of it looks like torn muscles," plus a little smoky edge from mezcal.

The Poltergeist-inspired Come Into the Light has an opaque, ghostly appearance and a mean edge from green chartreuse.

"I'm always coming up with cocktails, there's not really a point when I'm not creating something," he says. "It keeps me up at night."

Insomnia: one man's horror story, another man's inspiration.

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Your new seafood obsession

The only thing fresher than the fish at Wokuni are its crazy affordable prices.

EVA KIS
@thisiskis
eva.kis@metro.us

The obsession with freshness is real at Wokuni. EVA KIS

The back wall of wood blocks is made to resemble a wave. PROVIDED

Sashimi Platter

"Am I suddenly under the sea?"

This will be your first thought when stepping into Wokuni, Murray Hill's new Japanese seafood izakaya.

Your second thought will be an unprintable exclamation about the crazy good fresh fish coming out of the kitchen — and at affordable prices that'll let you come back more than once a year.

Everything at Wokuni is about highlighting the ocean. Walking in, you're greeted by a market-style display of the day's catch (and no, there's no fish smell even standing next to it). These will eventually be for sale, as chef Kuniaki Yoshizawa hopes guests will "become obsessed with fresh fish" after dining there.

The upscale but casual dining room by Blank Design greets guests with a wall of artistically rendered fish scales and a wave-like motif above the sushi bar crafted with individually placed wooden blocks.

These are all subtle hints at Wokuni's obsession, to borrow a word, with freshness. The buttery slabs of bluefin tuna and king yellowtail sashimi that arrive nestled in a bowl of ice are flown in daily from aquafarms owned by the same company, Tokyo Ichiban Foods, as the restaurant (and 50 others across Japan).

This keeps prices low — as in five kinds of sashimi, four pieces each, for $39, and sushi rolls from $7-$13 — and your conscience clear, as bluefin tuna is endangered in the wild.

Chef Kuniaki seasons with a light touch. You won't find artisanal rolls with a rainbow of toppings here, just fresh fish presented simply in traditional Japanese styles, including grilled and tempura.

That said, you're also not guilted for wanting the usual raw fish accompaniments. The attentive staff come around with soy sauce, and each sushi/sashimi platter has a generous dollop of the freshest wasabi you'll ever taste (the bits of horseradish are still crunchy) and pickled ginger.

Dishes are not presented with instructions or thinly veiled shade — use the condiments or don't, just enjoy your meal.

Other notable dishes included Kimpira, an appetizer of stir-fried carrots, burdock and lotus root ($6), the traditional Japanese preparation of grilled lobster drizzled with a creamy miso sauce that smartly balances the meat's sweetness (market price), and the rich, flaky Buri Yuan Yaki, lightly grilled yellowtail marinated in a sweet soy-based sauce ($17).

For the non-seafood lovers, Long Island duck, lamb chops, steak and several thoughtful vegetarian options round out the menu.

The full bar offers a range of sake and shochu (hard liquor distilled from rice and vegetables). But you'll also be served well by a pint of Asahi, a dry beer perfect for your seafood feast.

Wokuni is open daily from 5-11 p.m. at 325 Lexington Ave. Lunch coming soon. wokuninyc.com

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Do the things you post match up with how you view your life?

U.S. Bank's annual Possibility Index uncovered the disconnect between what people post and their actual lives. ISTOCK

U.S. Bank finds "people are more positive on social media than in real life."

PAT KING
@MetroNewYork
patrick.king@metro.us

On Thursday, Oct. 26, U.S. Bank unveiled its annual Possibility Index, pulling economic data from four major pillars in American society: work, home, play and conversation. This report is compiled in order to represent "all of the different possibilities in our lives."

By collecting data from all over the country, the Possibility Index can show us an accurate depiction of "how people are doing and how people talk about their work, home and play lives." Aside from social interactions, this report takes into account how people represent their lives online separately from how they actually feel and present themselves to the world.

After looking at all of the data for each of these pillars in society, the bank assigns an overall grade to represent how the nation feels as a whole.

"We created the Possibility Index to better understand the factors impacting our customers' financial lives," said chief analytics officer at U.S. Bank, Bill Hoffman, in a press release. "Whether it's a frustrated commuter with her sights set on a house closer to the office or a family starting to budget for next year's spring-break trip, there's an opportunity for us to support."

So in one of the most chaotic times in American history, how do we as a nation rate our everyday lives and prospects for the future? After polling all of the major regions of the country, U.S. Bank gave us a score of 49 out of 100 overall.

But perhaps the most interesting aspect of this report is how that overall score was determined. Here is a breakdown of how each of the pillars scored:

Work: 38
Home: 51
Play: 40
Conversation: 67

This breakdown shows us that, on average, most people in the U.S. are not optimistic about their professional and personal lives, but project an inflated image through their online presences.

Scott Barry Kaufman, professor of Positive Psychology at the University of Pennsylvania, author and spokesperson for the Index, explained these results in the same press release.

"The high conversation score can be interpreted in a couple of ways: it may signal a bit of puffery in how we present ourselves on social media or, perhaps, it speaks to Americans' optimistic spirit," he explained, adding "in either case, in today's increasingly digital age, it's important that we don't judge ourselves based on the Instagram feeds of others. Improving our collective Index score starts with each one of us taking action to improve our lives."

So the next time you see one of your friends post one of those Instagrams with "#blessed" written as the caption, just know that things most likely are not as perfect as they seem.

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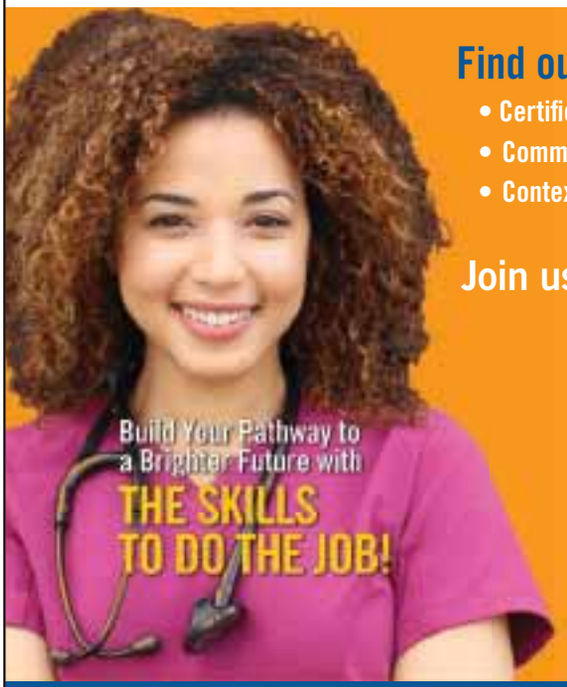

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Rutgers product and Atlanta Falcons wide receiver Mohamed Sanu celebrates his eight-yard touchdown, which proved to be the game winner on Sunday afternoon against the Jets in rainy New Jersey. GETTY IMAGES

Jets miscues lead to third-straight loss

A pair of missed field goals, late fumble, doom Jets to another loss.

JOE PANTORNO
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joseph.pantorno@metro.us

A pair of Chandler Catanzaro missed field goals proved costly as the New York Jets let another second-half lead slip away during a nor'easter on Sunday afternoon at the Meadowlands, dropping their third-straight game, 25-20, to the Atlanta Falcons (4-3).

Despite four drops from his receivers on the day, Falcons quarterback Matt Ryan passed for 254 yards and a pair of touchdowns on the day while Atlanta running backs accrued a combined 140 yards.

In such bad weather, the Jets' (3-5) inability to get their run game going inhibited their offense from possibly putting the game away when given earlier opportunities. New York backs gained just 43 yards on the afternoon.

The Jets once again got off to a surprisingly good start, putting up seven on their opening drive when McCown hit tight end Eric Tomlinson for a 20-yard touchdown, the first of his career.

Atlanta answered with a touchdown from a tight end of its own, Austin Hooper, but it was sandwiched by a pair of possessions that ended in fumbles inside their own territory thanks to the inclement conditions.

New York was only able to grab three points out of both turnovers though as Catanzaro managed to convert one of his two field goal attempts.

After a Matt Bryant field goal, the Jets took a 17-10 first-half lead when McCown hooked up with Robbie Anderson for a 24-yard score.

On one of the longer attempts of the day, Anderson showed great poise holding onto the ball while running out of the end zone given the conditions.

Anderson led all receivers with 104 yards.

Bryant would tack on a pair of field goals — one in the final seconds of the second quarter and another in the third quarter — to bring the Falcons to within a point with 5:16 left in the third.

Another Catanzaro missed field goal allowed the Falcons to take their first lead of the afternoon with 12:22 left in the fourth quarter when Ryan hit local Rutgers alum Mohamed Sanu on a third-and-goal from the eight in the back of the end zone.

The score was set up by a 52-yard run by Tevin Coleman, who rushed for 82 yards on the day in total.

A failed two-point conversion put the Falcons up five, which should have been a one-point lead for the Jets had Catanzaro hit all of his field goal attempts.

He did manage to hit one from 46 yards out with 8:42 left in the game to pull the Jets within two.

Another gaffe aided by the rain saw the Jets' deficit grow with 6:42 remaining when a Falcons punt was fumbled by Jeremy Kerley on New York's 13-yard-line and recovered by Atlanta.

But the defense hung tough and held Ryan's offense to just a field goal.

The referees ensured the Jets would stay in it a little while longer when they called a block in the back call to negate an 80-yard punt return touchdown by Andre Roberts with four minutes to go. But the Jets simply ran out of time before mounting a serious charge toward a last-minute comeback.

Yanks, Hairston linked in search

The Yankees are in the early stages of searching for a new manager, but names are starting to surface.

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Jerry Hairston Jr. has been connected to the vacant managerial position with the New York Yankees over the weekend. GETTY IMAGES

The New York Yankees are already tipping their hand at the direction they're moving toward when it comes to hiring their new manager, less than a week after firing Joe Girardi after 10 seasons.

The Atlantic's Ken Rosenthal reported that the Yankees sent out a league-wide email over the weekend granting every MLB team permission to interview any member of their current coaching staff.

That includes a pair of Yankees coaches believed to have been at least in the running for consideration for the coaching job in the Bronx.

Bench coach Rob Thomson and first-base coach Tony Peña have worked with the Yankees for a combined 39 years, but the team's email saying that the two are fair game suggests that it does not want either of them as skipper.

One of the most notable vacant managerial positions was crossed off the list this weekend after the Washington Nationals hired Davey Martinez as its seventh-different manager in the past 12 seasons.

Thomson has never managed in the majors but Pena coached the Kansas City Royals from 2002-2005 before joining the Yankees staff a year later.

He most recently managed the Dominican Republic in the World Baseball Classic.

While that leaves the Yankees with two fewer options, Rosenthal added a new name, Jerry Hairston Jr., to New York's shortlist.

Hairston was a member of the Yankees' 2009 World Series-winning team, his only season with the team.

He spent 16 seasons in the big leagues with nine different teams from 1998-2013 before moving to television as an analyst for Sportsnet Los Angeles.

The 41-year-old has been submerged in baseball his entire life as his grandfather Sam, his father Jerry, his uncle Johnny and his brother Scott all had major-league careers.

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New Arthritis Painkiller Works on Contact and Numbs the Pain in Minutes

New cream works faster and is more targeted than oral medications. Key ingredients penetrate the skin within minutes to relieve joint arthritis pain. Users report significant immediate relief.

By Robert Ward
Associated Health Press

BOSTON – Innovus Pharmaceuticals has introduced a new arthritis pain relief treatment that works in minutes.

Sold under the brand name *Apeaz™*, the new pain relief cream numbs the nerves right below the skin.

When applied to an arthritic joint, or a painful area on the body, it delivers immediate relief that lasts for hours and hours.

The powerful painkilling effect is created by the creams active ingredient, a special medical compound.

Anesthetics are used in hospitals during surgery. They block nerve signals from the brain so that patients don't feel pain and they work fast.

The anesthetic found in *Apeaz™* is the strongest available without a prescription.

The cream form allows users to directly target their area of pain. It works where it is applied. The company says this is why the product is so effective and fast acting.

"Users can expect to feel relief immediately after applying," explains Dr. Bassam Damaj, President of Innovus Pharmaceuticals.

"There will a pleasant warming sensation that is followed by a cool, soothing one. This is how you know that the active ingredients have reached the infected joint and tissue."

Works In Minutes

For arthritis suffers, Apeaz offers impressive advantages over traditional medications. The most obvious is how quickly it relieves discomfort.

The cream contains the maximum approved dose of a top anesthetic, which penetrates the skin in a matter of minutes to numb the area that's in pain. This relief lasts for several hours.

Additional ingredients in the cream help suppress inflammation around tissues and joints. Published pre-clinical studies have shown that the ingredients in *Apeaz™* can also prevent further bone and cartilage destruction.

There are also no negative side effects from the oral medication. *Apeaz™* delivers its ingredients through the skin. Oral medications are absorbed in the digestive tract. Overtime, the chemicals in pills can tear the delicate lining of the stomach, causing ulcers and bleeding.

When compared to other arthritis medications, *Apeaz™* is a fraction of the cost. At less than $2 a day, the cream quickly is becoming a household name.

Those with terrible arthritis in their hands and fingers, love how easy Apeaz™ is to open. The jar fits in the palm of the hand, which makes it much easier to use.

Instant Pain Relief Without a Prescription

Many *Apeaz™* users report significant improvements in daily aches and pain. Many more report increased flexibility and less stiffness. They are moving pain free for the first time in years, like Henry Esber, and early user of *Apeaz™*.

"I've tried more pills than I can count. I've also had a handful of cortisone shots. Nothing is as effective as this product. With Apeaz™, I get relief right away. I rub a little on my knees and some through my hands. It keeps the pain away. It also prevents the pain from getting really bad. It's completely changed my life."

How It Works

"*Apeaz™* contains the highest, non-prescription dose of a medical compound that fights pain on contact. When applied to the skin it goes to work within minutes by penetrating right to the source of your pain, numbing the nerve endings."

Apeaz™: Quick Acting Pain and Arthritis Cream is Now Available Without a Prescription

"**This is why *Apeaz™* is so effective for people with arthritis.** It reduces pain while adding an additional layer of joint protection," explains Damaj.

A New Way to Treat Pain

Although Dr. Damaj and his team say that their cream is the fastest and most effective way to relieve arthritis pain, they believe there is still a reason to take joint pills. **The most effective are those which help to further strengthen and support the joints.**

That's why every container of *Apeaz™* comes with ArthriVarx™, a breakthrough pill that's taking on joint support in an entirely new way.

ArthriVarx™ works on your joints, making it the perfect companion to *Apeaz™*.

"ArthriVarx™ contains special compounds published to lubricate the joints and connective tissues that surrounds them. With daily use, they improve joint health and can give an extra cushion," explains Dr. Damaj.

"When combined with *Apeaz™*, it becomes the perfect system to tackle arthritis. While the anesthetic component of *Apeaz™* is working on the outside, relieving pain on contact, ArthriVarx™ is working on the inside, adding cushioning to the joints"'

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NHL's newest franchise invades the Big Apple

The expansion Vegas Golden Knights make their first-ever trip to New York early this week.

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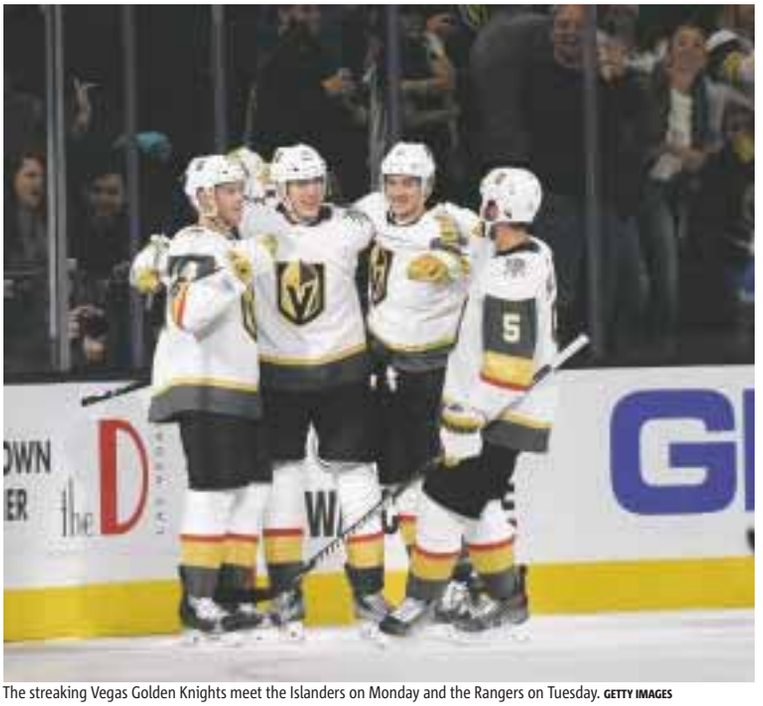

The streaking Vegas Golden Knights meet the Islanders on Monday and the Rangers on Tuesday. GETTY IMAGES

This week, New York hockey fans have a rare opportunity to see something they have never seen before.

The NHL's newest team, the Vegas Golden Knights, are set to visit the Big Apple when they face the New York Islanders at the Barclays Center on Monday and the Rangers on Tuesday at Madison Square Garden.

And the expansion team is the definition of red hot.

The Golden Knights are currently on a five-game winning streak, the longest active streak in the NHL.

Their 8-1-0 record through their first nine games is second-best in the Western Conference behind only the Los Angeles Kings.

While it's still early, Vegas has already exceeded the expectations of many considering most expansion teams struggle mightily upon their arrival to the NHL.

The 1974-75 Washington Capitals won eight times in 80 games during their inaugural season.

Vegas has been able to get off to this hot start despite facing some critical injury issues.

They lost their top-two goaltenders in Marc Andre-Fleury, one of the early faces of the franchise, and Malcolm Subban. But Oscar Dansk, an unknown 23-year-old former second-round pick of the Columbus Blue Jackets in 2012, has won his first three career NHL starts with a .959 save percentage.

Veteran forward James Neal has fueled the offense with seven goals and three assists (10 points) in his first nine games with the expansion side.

The Golden Knights first meet an Islanders team that has been heating up as of late. With four wins in their last five games, the Islanders have hopped up three spots in the Metropolitan Division from seventh to fourth.

John Tavares has been unstoppable as of late with two hat tricks in his last three games. His nine goals this season ranks third in the NHL.

The Rangers, on the other hand, are trying to work their way out of an early-season slump that sees them rooted near the bottom of the Eastern Conference.

They are 2-2-0 after a five-game losing streak, a disappointing opening month considering nine of their first 12 games this season came at home.

Tuesday's matchup against the Golden Knights will be New York's 10th game at Madison Square Garden in October. Having a 4-7-2 record at best heading into November makes the postseason berth look awfully difficult regardless of how early in the season it is.

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NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS,
NYCTL 2015-A TRUST AND
THE BANK OF NEW YORK MELLON, AS COLLATERAL AGENT AND CUSTODIAN, PLAINTIFFS V.
OMNI HOME LLC, et al.,
DEFENDANTS.

In pursuance and by virtue of a judgment of foreclosure and sale duly granted by this Court and entered in the Queens County Clerk's Office on July 14, 2017, I, the undersigned Referee, duly appointed in this action for such purpose, will expose and sell at public auction to the highest bidder at the Queens County Supreme Courthouse, in Courtroom # 25, 88-11 Sutphin Boulevard, Jamaica, NY, on November 17, 2017 at 10:00 o'clock in the forenoon of that day, the premises directed in and by said judgment to be sold The premises are identified as Block 9430 and Lot 6, and appearing on the Queens County Tax Assessment Map as 112-16 101st Avenue a/k/a 112-14 101st Avenue, South Richmond Hill, New York. Property is sold subject to the terms and conditions of filed judgment and terms of sale. Approximate amount of judgment is $35,561.96 plus interest and costs.
Michael H. Dikman , Esq.,
Referee
Phillips Lytle LLP
Attorneys for Plaintiff
28 East Main Street, Suite 1400
Rochester, NY 14614
Telephone No. (585) 728-2110

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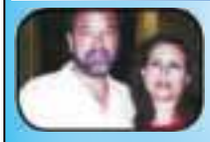

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Down

1 Studied hard
2 Singer -- Cara
3 Looks over to rob
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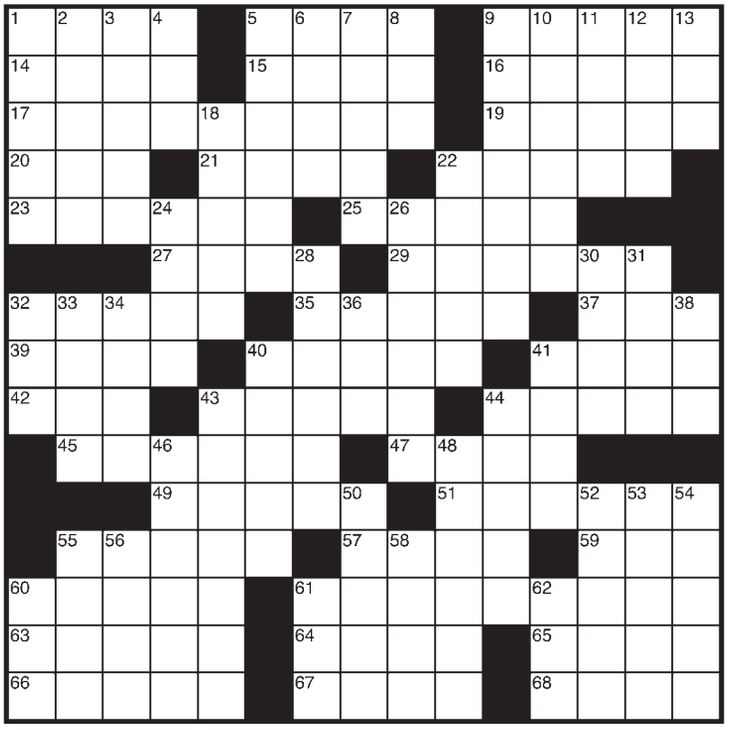

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hard

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Aries Let your imagination wander through the past and present to come up with the perfect balance of the old and new. It's time to forge into the future.

Taurus Put more energy into your relationships. Offer suggestions and give positive feedback to loved ones. Helping others succeed will benefit you as well.

Gemini Stay active and get into tip-top shape. Refuse to let emotional matters take charge and turn you into a slouch. Striving for success will help you overcome mishaps.

Cancer Do your best to take advantage of situations that allow you to network or show off what you have to offer. Partnerships will be to your advantage.

Leo You'll be inclined to do things differently, causing some concern from those you deal with daily. If you want to gain approval, you are best off using your Leo charm to do so.

Virgo Live and learn. Having an open mind and being a willing participant will give you greater insight into what's happening and what you can do to make your life better.

Libra A vocational change will transpire if you connect with a former co-worker. Make an adjustment to the way you handle your cash or personal finances.

Scorpio A new interest can lead to financial gain. Develop your idea and consider how to market what you have to offer. Opportunity will sprout from individuality.

Sagittarius Be careful when helping others. It will be easy for emotions to intervene, leading to you or someone else being taken for granted. Lay down ground rules first.

Capricorn Greater opportunities will come your way if you let your imagination run riot. It's your uniqueness that will put you in a good position to bargain.

Aquarius Don't make a move based on an assumption. Cynicism will set in if you trust what others tell you. Look past someone's quirkiness to gain better insight.

Pisces A well considered opinion will help you attract interest to something you want to pursue. Once you have others on board, it will be easy for you to excel. EUGENIA LAST

Yesterday's answers

R	A	T	E		O	R	E	S		M	I	R	T	H
I	C	O	N		U	C	L	A		I	N	U	R	E
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